

Day de
Dada

**ART NURSES
EPHEMERAL
PROCEDURES
SCORE
BOOK**

Day de Dada
Art Nurses
in Boston the
first week of
June 2018

for a residency sponsored by the
Mobius Artists Group

Constructing art initiatives outside
accepted frameworks and encouraging
animated discourse with the public
are fundamental to Mobius.

Day de Dada Performance Art Collective
produces events based on concepts of
chance and nonsense of the dada and
fluxus art movements, presenting
spontaneous and experimental performance
art pieces with audience participation
and interaction.

Day de Dada Art Nurses
provide their art health
procedures to open-minded
voluntary patients, ready for
an unconventional experience
at these farmers markets-

Tuesday (6/5)

Copley Square: noon-2pm
Dewey Square: 4-6pm.

Wednesday (6/6)

Davis Square: noon-2pm
Score making workshop
& meet and greet
Midway Studios 6-9pm
15 Channel Center St

Thursday (6/7)

Dewey Square: noon-2pm.

Friday (6/8)

Copley Square: noon-2pm.

Saturday (6/9)

Union Square,
Somerville : 11am-1pm

Patient: _____

Rapid Expressive Movement Assessment

By Sean Thomas Boyt

Pick and perform an action as accurately as possible. Allow for an audience: whether in-person, utilizing archival technology, or observing yourself. Start anywhere and finish anywhere. Reassess once per day.

Place an elbow above your head and rub your right foot on the floor like a snake.
Let your audience in on the joke: they can join you if they'd like.

Complete the statement: I felt more like a

Lawn Mower

1234567891011

Parakeet

Close your eyes. Feel the air softly hitting you (or hitting you hard if it's just *that* kind of day).

Does the atmosphere move you, or do you move it?

I am a rock: immobile and strong.

I want to dance more.

Fill in the box below with your favorite dance move. Any!
(Exceptions: Anything you have done at a wedding, concert, birthday celebration, bar, club, or dance class.)

Touch the following body parts as quickly as possible in the given order.

After your first attempt, try again without looking at the list.

FaceToesNoseTibiaHipBicep
First MolarHeartButtPalmEye
Eardrum (carefully.)ThumbFunny Bone

Hey. Nice dance.

Make a duet using your shoes as performers. Share with a friend and make sure they clap!

_ Done

_ Not Done

_ Maybe Later

if you answered mostly as you're an artist! make more things!
if you answered mostly b: you're an arts advocate who's on the lookout for the most unique creations. keep at it!
if you answered mostly c: you don't see enough art in your free time - but you're trying!
if you answered mostly d: you've developed your artmaking into a daily practice. thank you.

Emily Tareila

emilytareila.com

Bitters

*Fifteen minutes before eating
Take the turmeric bitters under
your tongue*

To help your tired body absorb
all of the goodness you cook
And nourish yourself with
Make these bitters every two
months Remind your body
that bitter is better

Winter 2017-18

Cordials

*Take seriously the idea that
Everything you put into your
body should be medicine:
Nourishing, vibrant, alive,
soothing, activating, cleansing,
Mineral rich, good fats, vital.
Dig deep. Try to identify every
ingredient in everything you eat.
Make your own version
of something as much
as possible.*

Winter 2017-18

Bath

*As much as you can
Soak in the bath with plants
and salts to soothe your bones
To soothe your muscles
To soothe your eyes
To see all of your body and
appreciate all it gives you
Really witness it
And love it
Acknowledge your vitality
from edge to edge
Give thanks to this body
for your life*

May 2017-ongoing

*These are selected scores from
the ongoing project, Bright Power*

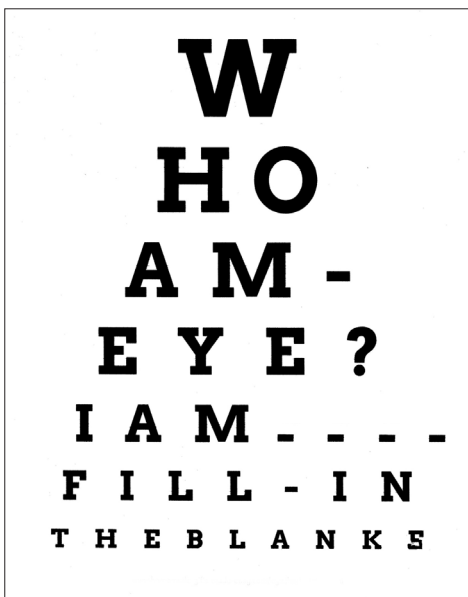
Reed Altemus

HEALTH PIECE

drink water

HEALTH PIECE II

*drink anything
else potable
except alcohol*



Barbara Lubliner

Barbaralubliner.com

THIRD EYE EXAMS

Materials you will need:

third eye stickers, eye charts

Make third eyes: Draw eyes on self-adhesive foam sheets, then cut them out and place in an energy container to ripen.

Make Eye charts: Make several with different images and words. For example, inkblots, optical illusions, fill-in the blanks, rhymes, etc. Make at least one that looks like a traditional eye chart.

You can use an online eye chart generator.

Now you are ready to see patients!

Instruct the patient “Tune into your third eye.” Then ask them to interpret the charts. Here you will need your own third eye to draw them out.

Next, along with the patient, evaluate the patient’s third eye vision.

At the end of the exam have the patient select one of the ripe third eye stickers to affix to an appropriate spot.

OUTPATIENT

Spiritual assessments, diagnoses and treatments on patient participants. Fruits and vegetables from the Farmers market will be utilized as both diagnostic tools and treatment modalities. Chance, spontaneity and laughter will inform the process from beginning to end.

ACT I

Spiritual Assessment:

The patient participant will NOT be physically touched during this assessment. Dada art nurses will utilize Reiki techniques during this assessment, i.e., hands and stethoscope will remain at least 5 inches away from patient. Fruits and vegetables may also be utilized in the same manner, i.e., not touching patients as diagnostic tools.

- Assess aura level
- Measure spiritual eye
- Check Soul's temperature
- Listen to breath sounds with suspended stethoscope to assess for ethereal and astral winds
- Spiritually palpate liver for past lives
- Spiritually probe for past life obstacles
- Listen with suspended stethoscope to bowel sounds to determine earth resonance and transcendence levels
- Check fructose (FRUITose) levels
- Assess ankles for exalted edema
- Obtain overall vibrational level

Optional Test:

Binet-Simon Ink Blot test can be implemented to assess the mind/body symbiosis of each patient. Utilizing beet juice as ink with recyclable, biodegradable white paper, patients will be instructed to make a spontaneous mark that will be folded in half by the Dada art nurse. These will then be saved and joined together as a tapestry to hang in a local Hospital lobby or other public place.

ACT II

Spiritual Diagnosis:

One of three diagnoses will be given to patients:

- *Excellent
- *Incredible
- *Fabulous

ACT III

Spiritual Treatment:

Fruit and Vegetable Mandala Manipulations

Dada art nurses will obtain consent (written or verbal) from patient participants to lay down either on the earth (or some very safe and supportive structure like a massage table) and fruits and vegetables will be placed over, on the side of, or near the seven chakras of human body in a spontaneous mandala shape based on the patient's assessment & diagnosis.

Locations of the seven chakras are:
top of head, third eye, throat, heart, abdomen, groin, and root.

The goal of these mandala manipulations is to open the Fontanelle, (FUNtanelle), i.e., "soft spot".

Note **

If patients would like to receive documentation of their healing treatments for their medical records, with consent, photos can be taken of each unique, individualized mandala application.





Viv de Dada

daydedada.com

ASK THE MAGIC EIGHT BALL

Close your eyes and think of a question. This question can be important or nonsense.

Take the Magic Eight Ball and let it rest in your hand. Think about your question and gently turn the Ball over. Read your answer in the window.

Ponder the answer, wonder if the answer has anything to do with your question, decide if you accept the answer, consider seeing a specialist.

WARNING SIGNS OF AN ART STARVED BRAIN



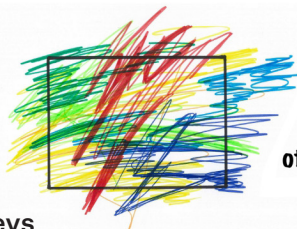
***black & white thinking**

***ate Playdough, glue and crayons as a child**

***buy rose colored glasses in beige**



***suffer from chromophobia (fear of colorful things)**



***experience severe anxiety when drawing or witnessing others drawing outside the lines**

Diane Keys

dianekeys.blogspot.com

[treatments for art deficiency]

Art Pharma--takes Artena insurance

Pour pill sized candies into a clear bowl. Mix in multiple varieties while naming the art sickness symptoms each one treats. Side effects include: art attacks. Pour ArtRX into empty pill bottles and distribute.

Vaccinate by exposing audience to contagious art virus.

Hand out 2 colorful strips of fabric and have them give 1 to others to spread the disease

RoByn Thompson

robynthompsonart.com

HOW TO DO BRAIN SURGERY

The Wizard of Oz showed us that a diploma is very analogous to a brain. Find your High School diploma. *Very carefully, using an Exacto knife, a single edge razor blade or a scalpel, cut out all the vowels from your diploma. Even 'Y'.* Very often, the brain does not function due to a vowel obstruction.

HOW TO MASSAGE YOUR LEFT ELBOW:

You will find it difficult to massage your left elbow with your left hand. You will be tempted to use your right hand. Don't. Left elbows should only be massaged with the left hand. *Ask a left-handed friend to massage it. If you do not have any left-handed friends or if they are unavailable, open the cabinet under your kitchen sink. There you will find an elbow-shaped pipe. Use your left hand to massage that pipe. You will create sympathetic vibrations between the sink pipe and your elbow. These vibrations will give you the full effect of a traditional massage. Repeat as needed.*

YOGA POSES

The Murder victim

To be done on the sidewalk. *Lay on your back with your arms and legs akimbo. Have a friend trace around your body with a piece of chalk.*

The Loiterer

Facing the street, lean against a vertical surface such as a light post, sign, bus stop kiosk or the side of a building. Your left or right upper arm should be maintaining contact with the vertical surface.

The Despondent Person

Sit on a chair, bench or curb if it is safe to do so.

Place your elbows on your knees. Bury your face in your hands.

Think about all your failures. Cry.

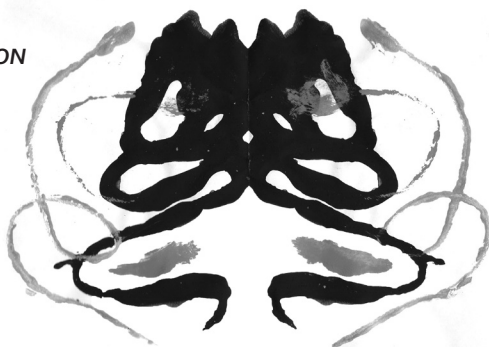
The Pup Petter

Squat. Move your hands like you are petting a dog. Say encouraging things to the imaginary dog. "Good boy! Aren't you cute!"

If an actual dog appears while you are doing this, continue to pet and praise the invisible dog. Don't make eye contact with either the real dog or its owners.

PERSONAL PRESCRIPTION RORSCHACH PAINTING

created 2016 - Day de Dada
Ephemeral Procedures
at "Performance Forum"
Panoply Performance Lab,
Brooklyn, NY



**Reid
Wood**

haven't-
gardeart.
blogspot.com

POSSIBLE SIDE EFFECTS

bladder pain
bloody or cloudy urine
difficult, burning, or
painful urination
fast, pounding, or
irregular heartbeat
or pulse
frequent urge to urinate
lower back or side pain
cold or flu-like
symptoms
cough or hoarseness
fever or chills
blistering, peeling, or
loosening of the skin
chest pain or discomfort
confusion
dark-colored urine
diarrhea
difficulty breathing
difficulty with speaking
difficulty with swallowing
dizziness
double vision
faintness
headache
inability to move the
arms, legs, or facial
muscles
inability to speak
itching, skin rash
joint or muscle pain
large, hive-like swelling
on the face, eyelids, lips,
tongue, throat, hands,
legs, feet, or sex organs
loss of bladder control
muscle cramps or
spasms
anxiety
dry mouth
lack or loss of strength
stomach pain
weight loss
constipation
decreased interest in
sexual intercourse
false or unusual sense of
well-being
inability to have or keep
an erection
loss in sexual ability,
desire, drive, or per-
formance
twitching, twisting,
uncontrolled repetitive
movements of the
tongue, lips, face, arms,
or legs
chest pain
confusion
confusion about identity,
place, and time
discouragement

Reid Wood

POSSIBLE
SIDE
EFFECTS
(CONTINUED)

- false or unusual sense of well-being
- feeling sad or empty
- fever
- general feeling of discomfort or illness
- irritability
- lack of appetite
- confusion about identity, place, and time
- discouragement
- false or unusual sense of well-being
- feeling sad or empty
- lightheadedness
- loss of interest or pleasure
- shakiness and unsteady walk
- tiredness
- trouble concentrating
- trouble sleeping
- unsteadiness, trembling, or other problems with muscle control or coordination
- unusual tiredness or weakness
- burning, crawling, itching, numbness, prickling, "pins and needles", or tingling feelings
- chills
- cold sweats
- crying
- decreased awareness or responsiveness
- depersonalization
- agitation
- blurred vision
- confusion
- fever
- lack of emotion
- loss of memory
- skin rash or itching
- trouble breathing
- behavior change similar to drunkenness
- bleeding gums
- convulsions
- nosebleed
- overactive reflexes
- poor coordination
- holding false beliefs that cannot be changed by fact
- impaired consciousness, ranging from confusion to coma
- tooth grinding
- watering of the mouth
- unpleasant breath odor
- difficulty with moving
- voice changes
- accidental injury

Logan K. Young

Centreville, VA

15:64XX & XY15:46

15:64xx
For any XX/XY-identifying couple, with a polyphonic instrument:
Observe the slight, subtle movements of the breasts during the respiratory process. Notice the left's positive slope upon inhalation; note the amplitude of the right after exhalation. Forgive them, but not necessarily their owner, for their inequity of proportion.

xy15:46
Observe the slighter-subtle-still life of the testicles as they strive to maintain the equilibrium of their tenants. Notice the right's involuntary Gospel sway; note the bio-seismic drift of the left. Hate them not for their freedom, as this is how your better half lives.

Out on the trail, he contracted the conservatives' typhoid, and thus has only the following four tertian sonorities to bring home: CMaj-GMaj-amin-FMaj

She catalogs them – in all their permutational grandeur – according to a system he'll never fully comprehend.
She then uses that to accompany, comment on, and eventually usurp the motions she had convinced herself she'd missed so while he was away.
And in return? He can do only the same, fumbling his best through the iterations she's devised. Because after all, all we need is room to groove.

Cecil Touchon

ceciltouchon.com

FLUXUS CORE EXERCISE:

Drop something, pick it up.
Repeat till you start sweating or become dizzy.
Repeat daily

From your trusted friends at:
Fluxus Institute,
Department of Public Health
“Making Life Better with Fluxus”

Dadamobius

meditation score

imagine yourself with a tail



The greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel. **Florence Nightingale**

Mary Campbell

marycampbell.net

THE CREATIVE HAND

A Star (three lines crossing with a common center) indicates the three energies are present that contribute strongly to "fame and fortune in the arts".

These energies are strong creative energy coming from deep inner natural resources, great sensitivity, and a fear of criticism.

Catherine Schwalbe

cabah3d.com

HEAD TO TOE HUGGING

Head to toe Hugging score Proclamation....

Whereas the most wonderful thing about being human is being touched and touching

Whereas the biggest factor in the healing arts is human touch

Whereas I come from a long line of huggers

Whereas National Hugging Day is celebrated on Jan 21 of every year and was first celebrated on Jan 21, 1986, in Clio, Michigan.

Whereas I, Cathi Schwalbe, thoroughly enjoy giving and getting a head to toe hug

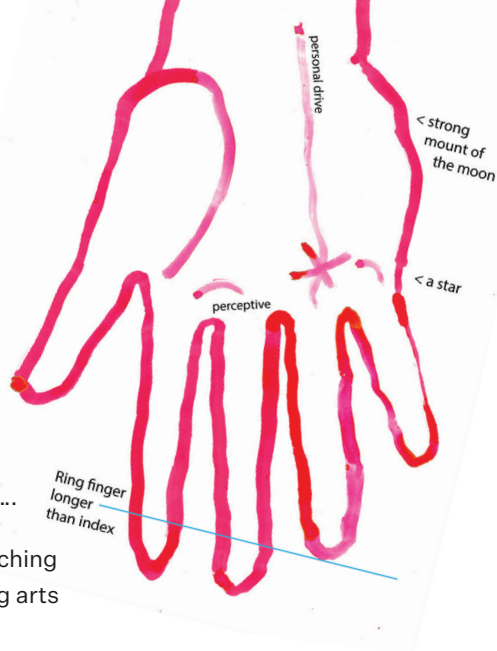
Whereas we humans should leave our screens and be present for each other more and this includes head to toe hugs

Directions and variations on Head to toe Hugging

**no supplies necessary*

1. Ask the patient if they would like a head to toe hug
2. If "yes" proceed gently or with as much vigor as the patient allows.
3. The hug ceases when the patient says so or begins to loosen his/her/their grip
4. The patient and the Medical Art Nurse go on with their day
5. Variations - Hugging may or may not occur concurrently depending upon staffing levels.
6. Group hugs are strongly encouraged
7. Proper hygiene by all involved to make the experience as pleasant as possible. Strong scents discouraged.
8. Hug a pet, until they don't want to be hugged any more, even if it is a fish, a bug, a snake, or a giraffe.

From the studio of Catherine Schwalbe www.casbah3d.com
No permission necessary to replicate hugs all over the place. Hugs are not trademarked nor proprietary actions of any kind. Get to it.



Farrell Mason Brown

TAROT CARD PROBE

1. Shuffle cards/
think about something
2. take a calming breath
3. Pick a card

Mark Bloch

panmodern.com

National Elbow Surgery Piece

(This piece is designed to fix the United States health care system.)

- 1) Locate low and middle income Americans
- 2) Elbow them out of the way.

Panacea Piece #3

- 1) Walk through or stand in public place
- 2) Smile at ten people you pass or that pass you

Emotions Piece

Rub the patient's amygdala with various tools i.e. feather, q-tip, hammer, needle, paint brush, sponge, ax, saw (If amygdala is not accessible get as close as possible)

Panacea Piece #4

- 1) Walk through or stand in public place
- 2) Smile as people pass
- 3) Do this every day for the rest of your life

Left Right Panacea Piece for Jill Bolte Taylor #2

- 1) Remove your right brain
- 2) Read names and corresponding phone numbers from your contact list or phone book

Left Right Panacea Piece for Jill Bolte Taylor #1

- 1) Remove your left brain
- 2) Feel the love

Oxytocin Research Center Piece

- 1) Breast feed the people

American Family Happily Institute

AFHI.us

PRO-HAPPILY OBJECT EXERCISE

1. *Hold a Pro-Happily Object*
(or substitute a spinning top or dreidel)
2. Assess your current Sadily Level on a scale of 1 = stubbed toe to 6 = dystopia
3. *Spin 3 times for every unit of sadily*
4. Stand with body in the X position, palms facing upwards
5. *Observe spins*
6. Repeat as needed

C. Mehrl Bennett

cmehrlbennett.wordpress.com

I own a lab coat, stethoscope, hypodermic syringe, a box of tongue depressors, and other mscl. medical equipment, and it's all locked inside this small medical bag.

However, I forgot the combination to open the lock, so it's useless.

Because it is useless, it is ART.



Dr. John M. Bennett

johnmbennett.net

PEPPERONI BRAIN SCAN

With patient lying prone, cover her/his face with slices of pepperoni sausage.

Leave patient alone for 23 minutes, listening to a repeated speech by Donald Trump simultaneously with Ravel's Bolero.

At the end of 23 minutes, the attending therapist should eat the pepperoni, close his/her eyes, and transcribe the images seen passing through her/his consciousness.

Properly interpreting these images will reveal the content and condition of the patient's cerebral health and processes.

There are some therapists who perform this diagnostic with cold french fries, but the efficacy of this procedure has not been scientifically verified. *Instituto Bisonte de Salud Pública*

Jennifer Weigel

jenniferweigelart.com

APATHY PILLS

Instructions:

Take as needed. Or don't. It doesn't matter anyway.

Lydia Grey

NURSE SCORES FOR DAY DE DADA

*Reach into the sky.
Pull down a piece of cloud.
Apply where necessary for healing.*

*Count the patients fingers.
Use one or both hands.
Keep counting until the patient is healed.*

*Pour water into the patient's hands.
Have them flick it up into the sky. Count.*

*Find the youngest and oldest plant in view.
Position the patient between them,
and have them point at both.
Hold until healed.*

*Find all the buttons in the room.
Determine what type of illness each
would heal.*

*Fill a bowl with water.
Swirls until tiny waves crest the rim.
Have the patient think about the ocean.*

*Hold the patient's hand.
Offer an orange slice or a piece of cake.
Breathe.*

Mary Campbell

marycampbell.net

**FARMERS MARKET
CHAKRA BOOST & BALANCE**

Blocked chakra symptoms may be aided with fresh food

Fearful (root) beets

No creativity (sacral) chocolate

Inferiority complex (solar plexus) corn

Intolerant (heart) green vegetables

Cant express yourself (throat) blueberries

Poor imagination (eye) purple cabbage

Learning difficulties (crown) crystal water

IMPROVE YOUR MEMORY

1. Buy a rosemary plant

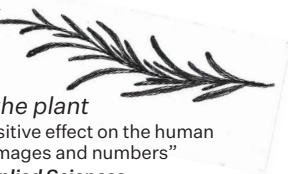
2. Close your eyes

3. Breathe in the aroma of the plant

*"essential oil of rosemary has a positive effect on the human
short-term memory in relation to images and numbers"*

Egyptian Journal of Basic and Applied Sciences

Volume 4, Issue 2, June 2017, Pages 107-111



Helen Payne

helenpayne.us/

bridwell-library-proposal

**ABCS OF THE WEIGHT
OF MEASURE**

A is for APGAR,

You were bluish at birth.

B is for BMI,

Your width to girth.

C is CAESAR,

Get your ass in that chair.

D is DIL,

Open up down there.

E is for EQ,

I love you.

F is FICO,

But I can't pay the rent.

G is GRE,

You go where p-pops went.

I is for IQ,

I knew you were smart.

J is for JJA,

It's long and it's hot.

K is for KIVS,

I'm holding a knife,

or maybe I'm not.

L is for LGM,

We're melting, we two.

M is for MBTI,

I'm, you're, she's such a dick.

N is NEO-PRIK,

Her neck looks thick.

O is for O&P,

Shit in a cup.

R is for RPM,

You're dumb and your mean.

S is for SF,

Grab that flab over your jeans.

T is TPR,

My heart is racing for you.

U is for UA,

Got pee in your shoe.

V is for VE,

Open your thighs.

W is for wais,

Sea levels rise.

X is for x-ray

Your spine ain't straight.

“The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge.” **Virginia Avenel Henderson**
(influential nurse famous for defining nursing)

“Through the analysis, a definition emerged suggesting that the art of nursing is the intentional creative use of oneself, based upon skill and expertise, to transmit emotion and meaning to another. It is a process that is subjective and requires interpretation, sensitivity, imagination, and active participation.”* **Cathleen A. Jenner RN, MSN**

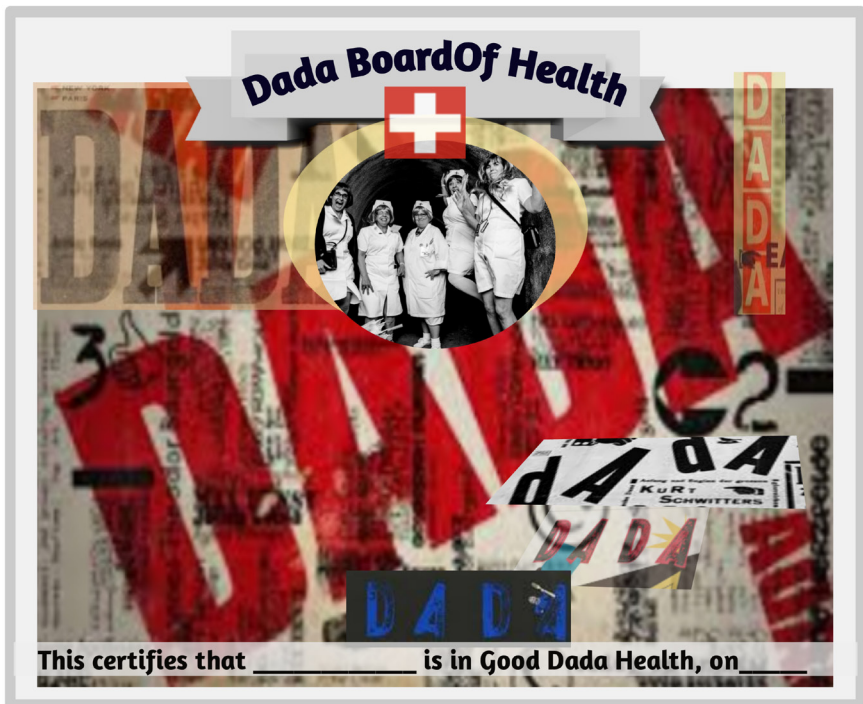
*The Art of Nursing: A Concept Analysis

Sinclair Scripa

femailxxproject.wixsite.com/femailxxproject

DADA HEALTH CERTIFICATE

photo of art nurses by Kris Johnson



Day de Dada Art Nurses originated when **Viv de Dada** was asked to perform at an event full of primarily artists and decided to diagnose and prescribe for their art health using actions associated with medical diagnosis. She massaged egos and prescribed hugs. Over the years her performance grew into a troop of nurses, creating methods to help people explore their creative potential or seeing their mental or physical health from another perspective using the roles of medical nurses as caregivers, observers and teachers and culling from modern and alternative medical procedures. Their public “patients” connect to the actions since most people are concerned with some aspect of their health and curious about alternative suggestions, and of course nostalgic in a time that access to health care has become a fragile possibility.

Day de Dada Performance Art Collective started in 2002 and based in New York City mostly consists of metro area artists but has been joined by national and international artists at many of their events that allow participants to experiment, presenting unique work that includes interactive or experimental performance art, installations, video, dance, film, music and noise.

While many people have been part of the Day de Dada Art Nurse team, the three art nurses in Boston June 2018 performances are **Mary Campbell, Barbara Lubliner and Viv de Dada.**

Please remember that all of the actions that the Day de Dada Art Nurses perform and all advice in this booklet are not medical recommendations or advice. We are not medical professionals. None of our actions should be relied upon to determine diagnosis or treatments. Any information here is not intended to diagnose, treat, cure, or prevent any disease.

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Day de Dada Performance Art Collective thank the Mobius Artists Group for sponsoring us and we are profusely grateful to Jane Wang for her generosity, enthusiasm and attentiveness.

For further information look online at *mobius.org & daydedada.com*